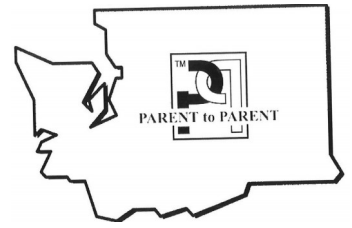


January 2021

## Island County Parent to Parent Newsletter



### What is Parent to Parent? How Can They Help Me?

In a nutshell, Parent to Parent offers support, connections to resources and opportunities such as events & trainings

Parent to Parent Support Programs provide emotional support and information to families of children with special needs and/or disabilities.

Parents have many questions and concerns in coping with their child's needs and their own feelings. Personal support from another parent, who has a child with similar needs, can be helpful. **You are not alone.** We have been there.



Helping Parent volunteers have completed a training program and are available to provide support and information to other parents. All information is kept confidential. There is no cost for this service.

### Services Offered:

- Emotional support for parents of children and adults with disabilities/special needs.
- Information and referrals to community resources.
- Monthly Newsletter with resources, support and ideas.
- Educational presentations from system experts
- Social and recreational events.
- Current information on disabilities, medical conditions and community resources.
- Island County Disability Resource Guide (on website)
- Public awareness and outreach to the community regarding individuals with special needs and/or disabilities.

Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you gave won, and all the fears you have overcome.



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Want to know more about Parent to Parent? Check out our website and Facebook page.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

<https://www.facebook.com/islandcountyparent2parent>

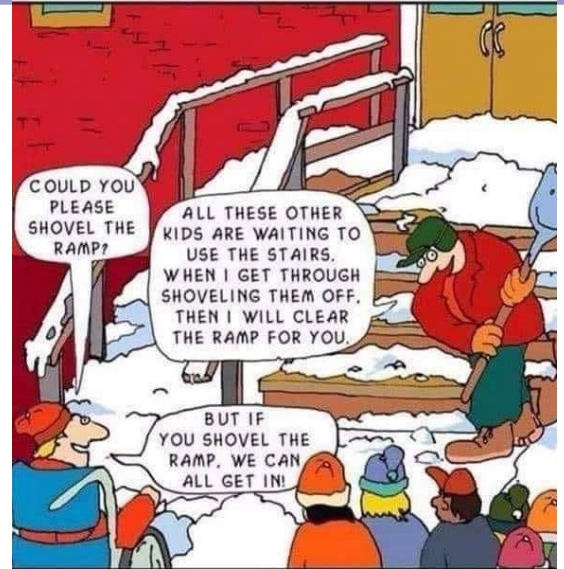
**(360)632-7539 Call/text**

## Would you like to be part of the solution?

Join Island County Accessible Community Committee. We brainstorm ideas to make our communities more accessible for all. Camano Island and Whidbey Island each have a committee but work together on the projects. We brainstorm, draft a proposal and seek funding from the Governor's Accessibility Committee. We have been very successful with 3 projects proposed and approved.

- Island Transit Bus Stop Seats throughout both Camano & Whidbey Island. (X2)
- Mental/Behavior Resource Guide for First Responders.

For more information contact Tiffany (360)632-7539



**CLEARING A PATH  
FOR PEOPLE WITH SPECIAL NEEDS  
CLEARS THE PATH FOR EVERYONE!**

## Pandemic Helpline Launches For People With IDD, Caregivers

As the COVID-19 pandemic wears on, a new 24-hour support line is working to help individuals with developmental disabilities & those who care for them cope during this tough time.

Known as Project Connect, the telehealth line is free & available anytime for people with disabilities, their families, caregivers and members of their support teams across the nation.

Developed by The Arc of California and the Stony Brook University School of Social Welfare, the helpline launched just before Thanksgiving and is staffed by graduate students at the school who are supervised by licensed social workers. Callers can expect to receive support, guidance and referrals.

“Going into the pandemic, we were aware that people with disabilities would be experiencing greater levels of stress, fear and depression; and coupled with a well-documented provider shortage for mental health services, we felt the need to develop an open line of communication for our community as a safety net during this challenging time,” said Jordan Lindsey, executive director of The Arc of California. “As the holidays rapidly approach and the country is still in the midst of the COVID-19 pandemic, we hope that Project Connect will make mental

health support more accessible for anyone who needs assistance.”

Researchers say that the impact of COVID-19 has been more profound on individuals with developmental disabilities than nearly anyone else, with many losing access to caregivers, support services and schooling. Meanwhile, surveys of family caregivers of people with disabilities suggest that this group is disproportionately experiencing isolation, anxiety and other consequences as a result of the pandemic.

Those behind the helpline said that it offers valuable counseling experience for the graduate students involved while also supporting people with disabilities and their families during a difficult time.

**“We hope this free teletherapy line will remind people that they are not alone, and to give those who are feeling overwhelmed or are struggling a glimmer of hope that together we can get through this and thrive,”** Lindsey said.

**[Project Connect is available by calling 888-847-3209.](https://www.projectconnect.org/)**

# COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period

**SALLY WAS EXPOSED TO COVID-19.**

## DAY 0

Sally was exposed to COVID-19.

## DAY 10

Sally became symptomatic and tested positive.

## DAY 5

Sally got tested for COVID-19 and the results came back negative.

## DAY 8

Thinking she didn't have COVID-19, Sally attended school and a family cookout. She was contagious days 8 & 9 (48 hours before symptoms) and now exposed 17 people.



## COVID -19 Resources, Information and Websites

- WA State Department of Health  
<https://www.doh.wa.gov/emergencies/COVID19>
- Center for Disease Control & Prevention: Coronavirus (COVID19)  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- DDA (Developmental Disabilities Administration/DSHS) Coronavirus  
<https://www.dshs.wa.gov/dda/consumers-and-families/dda-coronavirus-information>
- Informing Families Resources and Support  
<https://informingfamilies.org/covid-resources/>

	SYMPTOMS	COVID-19	FLU	COLD
	Cough	Often	Often	Sometimes
	Fever	Often	Often	Rarely
	Shortness of breath	Sometimes	Sometimes	Rarely
	Body aches	Sometimes	Often	Rarely
	Headache	Sometimes	Often	Sometimes
	Fatigue	Sometimes	Often	Sometimes
	Sore throat	Sometimes	Sometimes	Sometimes
	Loss of taste or smell	Sometimes	Rarely	Rarely
	Diarrhea	Sometimes	Rarely	Never
	Chest pain or pressure	Rarely	Rarely	Never
	Runny nose	Rarely	Sometimes	Often
	Sneezing	Rarely	Sometimes	Often
	Watery eyes	Never	Never	Never



# 20 Free Apps for Executive Functioning for Students & Adults

## Executive Function

Is a set of mental skills that include working memory, flexible thinking, and self-control. We use these skills every day to learn, work, and manage daily life. Trouble with *executive function* can make it hard to focus, follow directions, and handle emotions, among other things.

**Whether you are distance learning, a hybrid version, working from home or physically at work, Executive Function is a key competent to be successful. Many have some issues with executive function with or without a diagnosis.**

## Reminder Apps

- Alarmed-The awesome reminder + timer app that is alarmingly great!
- Google Calendar-Get the official Google Calendar app for your Android phone and tablet to save time and make the most of every day.
- Using your Home-Natural Environment for Distance Learning
- 2Do-2Do lets you take a completely different approach to managing your tasks. With its extremely simple-to-use interface and a comprehensive and flexible set of powerful features, it lets you focus on what's most important to you: your life. There is no wrong way of using 2Do, and unlike other to-do apps, it won't force you in adhering to a particular task management methodology.
- The Nudge -A quick note to remember something for tomorrow:(i.e. bring pens to school, take clothes to dry cleaner, bio test tomorrow, etc). You set it and until you shut it off it...it Nudges you.
- Remind-This one is one of my favorites, because both schools and families can use it and access one person's account. For example, Mom can set a reminder text for "feed the dog" and the teacher can send one for "algebra test tomorrow."

## Visual Planning/Visual Organizers

- Choiceworks-The Choiceworks app is an essential learning tool for helping children complete daily routines (morning, day, & night), understand & control their feelings and improve their waiting skills (taking turns and not interrupting). Created with the support of leading hospitals and child development specialists, this app is designed for caregivers to provide clear and consistent support to foster a child's independence, positive behavior, and emotional regulation at home and in the community. It can also be customized for teachers in a school setting.
- Mindjet Maps for iPad® lets you easily enter ideas, tasks, and meeting notes into intuitive visual maps that help you quickly organize concepts and prioritize action items. Instantly create new maps or import them from Mindjet Connect®.
- First Then Visual Schedule-First-Then visual schedule application is designed for caregivers to provide positive behavior support. For individuals with communication needs, developmental delays, Autism or those who benefit from a structured environment; visual schedules serve to increase independence and lower anxiety during transitions through different activities.
- CourseNotes- great for students- you can add your teachers and color code all of your notes. This app allows you to take notes during class while keeping them organized by subject or meeting. Review your notes later and search through multiple class meetings and notes all at once. You can

## Strategies for Supporting Executive Functioning Needs



also keep a To-Do list by marking notes as To-Do items, or track them as assignments with a due date.

- iStudiezPro-Unique built-in planner lets you input and easy manage all types of schedules including classic, alternating (A & B weeks), rotating, and block schedule. Not only you can enter the most common course details, but also add instructors with all related information such as office hours, affiliation, phone number, and email address. As well you are welcome to add holiday periods and even cancel separate classes in case of outstanding events.
- 30-30 productivity- Most people can't really concentrate for more than 30 minutes at a time, but keep working only to end up procrastinating for hours. The 30-30 schedule allows you both to get more work done and have time to do the things you love, simply by timing them better.

### **Working Memory Apps**

- Quizlet-Quizlet is the easiest way to practice and master what you're learning. Create your own flashcards and study sets or choose from millions created by other students — it's up to you. More than 50 million students study with Quizlet each month because it's the leading education and flashcard app that makes studying languages, history, vocab and science simple and effective. And it's free!



### **Note-Taking Apps**

- Writepad- Take notes in your own handwriting and have them effortlessly converted into digital text with our signature handwriting recognition software. Create + write digital notes, documents, emails and more.
- YouNote- At YouNote, we want to make the process of writing assignments as easy as possible for our users. With our technology, you'll be able to take images of your notes, books or anything you wish and we'll extract all of the text from that image with our app. You'll be able to reference these notes within the app, as well as via our website, for you to copy straight into your assignments.
- CourseNotes- great for students- you can add your teachers and color code all of your notes. This app allows you to take notes during class while keeping them organized by subject or meeting. Review your notes later and search through multiple class meetings and notes all at once. You can also keep a To-Do list by marking notes as To-Do items, or track them as assignments with a due date.
- Dragon Dictation- free app for iPad or iPhone easy-to-use voice recognition application that allows you to easily speak and instantly see your text or email messages. In fact, it's up to five (5) times faster than typing on the keyboard.
- iAnnotate- users say it best: "Light years ahead of the other PDF annotation apps," "an indispensable tool to have," and "the reason I bought an iPad." Go paperless and utilize one of the best apps for productivity available!

### **Time Management Apps**

- Task Agenda-Task Agenda was made to help people get organized, remember activities, and make better use of time.
- Evernote-An easy-to-use, free app that helps you remember everything across all of the devices you use. Stay organized, save your ideas and improve your productivity. Evernote lets you take notes, snap photos, create to-do lists, scan business cards, and record voice reminders.

<https://adayinourshoes.com/apps-executive-functioning-adults-students/>

## Island County Parent to Parent

### Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson, Coordinator  
PO BOX 5000  
Coupeville, WA 98239  
(360)632-7539 call/text  
t.wheeler-thompson@islandcountwa.gov

Check us out on Facebook for up-to-date  
resources, information and activities  
www.facebook.com/  
islandcountyparent2parent



## Autism Response Team (ART)

The Autism Response Team (ART) is an information line for the autism community. Our team members are specially trained to provide personalized information and resources to people with autism and their families.

### How to contact ART

Call our toll-free number or send us an email – we're available Monday through Friday between 9 a.m. and 5 p.m. in all time zones. Live chat is also available between 9 a.m. and 7 p.m. ET.

Your call will be routed to the team member for your region. We also have a dedicated Spanish language toll-free number.

1-888-AUTISM2 (1-888-288-4762) En Español: 1-888-772-9050

help@autismspeaks.org

### Who can call?

We are happy to talk with people with autism, parents, grandparents, friends, teachers, social workers, and everyone in between.

Even if you have no connection to autism but have a question, please feel free to reach out. We assist people of all ages, including children, teens, and adults with autism.

<https://www.autismspeaks.org/autism-response-team-art>



***The National Autism Association's Big Red Safety Box® is a free-of-charge safety toolkit for autism families in need of wandering-prevention tools.***

NAA's Big Red Safety Box® includes:

### Educational materials and tools, including NAA's Be REDy Booklet

Two (2) GE Door/Window Alarms including batteries

One (1) RoadID Bracelet or Shoe ID tag. You will receive instructions in the box to submit your custom personalization order at <http://roadid.com/naa>

Five (5) Adhesive Stop Sign Visual Prompts for doors and windows

Two (2) Safety Alert Window Clings for car or home windows

One (1) Child ID Kit from the National Center for Missing and Exploited Children



<https://nationalautismassociation.org/big-red-safety-boxes-now-available>